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SOULED Out

ONLY THE FOOL SAYS IN HIS HEART, 'THERE IS NO GOD'

NAVIGATING THE MIND FIELD

BIBLICAL KEYS FOR NEWLYWEDS

Debbie Ali

Author of Bare Feet

shares the horrific story of her abduction, her 14 days of trauma, despair and then forgiveness.

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*Author of **Bare Feet***

shares the horrific story of her abduction, her 14 days of trauma, despair and then forgiveness.

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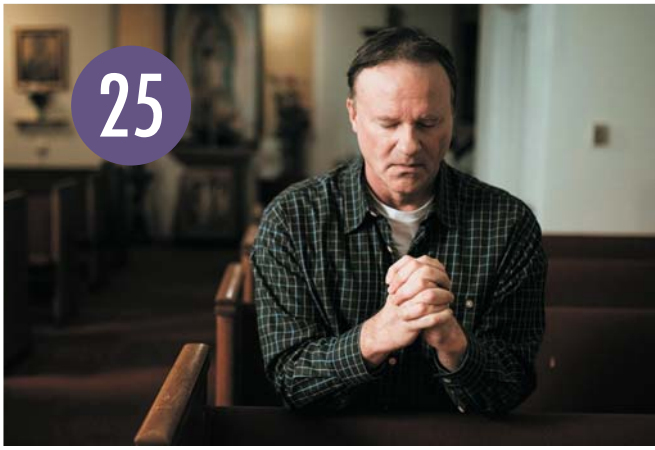

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SPECIAL NOTE FROM EDITOR

Dear Debbie, I am so honoured to have connected with you. Thank you for sharing your journey with our readers across the globe. Your story will impact many, your incredible strength and fortitude during your ordeal is a miracle. God was your strength, His hand has never let go of yours and today you have come out of the fires, strong, risilient and durable. At times you may experience your "valley moments" but still you riseup, confident, because God is with you. You are champion of faith and a hero!

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A NOTE FROM THE EDITOR

DEAR FRIEND,

Welcome to another issue of SOULED OUT MAGAZINE. Our magazine is designed for the Christian family and I must add there are some very thought - provoking topics in this issue which will make you want to stop and well... maybe ask yourself some questions.

This issue we have Debbie Ali, formerly from Trinidad, now residing in Canada, on our cover. An incredibly brave lady, Debbie who was kidnapped from her home and held for ransom, shares her daunting and horrific experience of 14 days of captivity. Her book, **BARE FEET** is available on AMAZON AND TAKEALOT. Get your copy to read her full story.

Another good read in this issue... **"ONLY THE FOOL SAYS IN HIS HEART, THERE IS NO GOD"** This is an article for everyone. Dr Surya Kumar Daimari, sets out to explain the complex mysteries of this world. An absolute great read and an eye opener! You would want to pass this article to your teenager to read.
Another great article is written by Author, Anthony Acampora, **NAVIGATING THE MIND FIELD.** The common thread in all of our articles is the uncompromising love and acceptance that God has for all mankind. I know you will enjoy every article which is written and selected to draw you towards God's love.

Last year I advertised a Retreat for our Ladies for March this year but unfortunately it had to be cancelled due to the response. The venue I booked requires a minimum of 50 ladies but I had a genuine response from exactly 35 Ladies only, and thus I had no choice but to cancel. I do apologies for that! So now my challenge is ... there are still ladies that want to go on this retreat. How do I do this? Ladies I am in a dilemma as I want to please you but I need your help. I appreciate the feedback and your opinions. So, going forward, If I get 50 ladies who are committed to join us for a spiritual and fun filled weekend retreat then I will make enquiries for the venue. You are most welcome to contact me for any info etc. I look forward to hearing from you. (inbox me on @souledoutmagazine on IG or email info@womanoffaith.co.za or WhatsApp +27 72 404 8831)

Liz

Let us Pray

A PRAYER FOR THE FAMILY

Liz Naidoo

Our Heavenly Father I come to You in the name of Your son Jesus Christ.
My prayer is for our precious families.
I bring to You all families that You have created, and I pray for love, unity, strength, mutual understanding and peace.
Keep all families in Your loving care and protection.
Give us grace to forgive each other, and strength to overcome,
help us daily in our walk on this earth, to be responsible, kind and helpful.
Keep us away from evil and things that may harm us.
May we be uplifted by your Word and covered by the blood of Jesus Christ, Your son.
Keep us safe,
Deliver us from evil,
and when challenges come our way, may we be encouraged in You,
knowing that we belong to You and we are Your sons and daughters.
In Jesus Name,

Amen.

Only The Fool

Says in his Heart, 'There is no God'

Dr Surya Kumar Daimari

We are living in a mysterious world which is both real and unreal. It is full of wondrous things, green valleys, verdant hills, sandy deserts, brisk rivers and waters. The panoramic view of the seas during the sunset is awe-inspiring, idyllic, picturesque and breathtaking. The sky is blue during the day, and red and orange around the sunset, its beauty is amazing and ethereal.

The rainbow after the rain looks so real and enchanting which makes it stunning. We can see it and feel its beauty. Who is the author and architect of this beautiful planet after all? It has been said, **"The rainbow is a symbol of hope, inspiration, promise, good fortune, and wishes coming true."** But are rainbows real? Do the rainbows really exist? The scientists say, "no" rainbows are visions. They are only illusions. Rainbows are formed when the sunlight passes through the droplets of water and reflects and refracts that light into the spectrum and we see the wonderful seven colours like in a bow. But it is not a physical bow either in the sky. Still then, the rainbow is real like a mirage is. It is so real in our mind.

There are also things which do really exist but we cannot see or touch, such as the air or the gases. Without the air or the oxygen, we will not survive.

"The scientists say, "no", rainbows are visions. They are only illusions."

Likewise, without nitrogen the plants will not survive. Nitrogen is so vital that it is a major component of chlorophyll by which the plants produce food and energy with the help of the sunlight, thus nitrogen is an essential nutrient for plant growth. These unseen matters can be proved and tested in a science laboratory. Therefore, they exist.

How about an atom? Is atom a matter? An atom is a fundamental piece of matter and therefore, it does exist. An atom is the smallest indivisible unit of matter that retains all the chemical properties of an element. But even the most powerful light focusing microscopes will not visualize a single atom. Thus, it is practically non- existent but still existent. How about electrons, protons and neutrons? Electrons is a subatomic particle where electronic charge is negative.
Protons is a subatomic particle whose electronic charge is positive.
Neutrons is a subatomic particle without an electronic charge.

Scientists say, every matter is made up of electrons, protons and neutrons. They are the fundamental particles of atom. As per the theory of electrical and magnetic phenomena or the theory of electromagnetism, these particles do really, really exist like tables and chairs but however we cannot see them.

But there are also things which science will not prove or which cannot be tested in a laboratory. Yet, they are so real, so true to us! LOVE, JOY, PEACE, LONGSUFFERING, FAITH, HOPE……
Unlike protons, electrons or neutrons, these things are spiritual and can be tested only in our hearts and not in the laboratories.
If we discard these things from our life, the world we live in will immediately turn into HELL.

Flavian Mwasi says,
"Love is the most beautiful thing in life. It's the unseen force that draws people together without questioning. It's the hidden beauty that people can see without sight. If love

doesn't exist you will not exist. That kind of love protects you from this harsh world we are living in. The next day you are born you will be just left in the street and you will look for food."

The Bible says,
" Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with truth. It always protects, always trusts, always hopes, always perseveres. Love never fails." I Corinthians 13:4-8(NIV)

Now, how can you say that there is no love just because you cannot prove it in the laboratory?

Love originates from God. The Bible says, "God is love", I John 4:8. It also means that God Himself is the author of Love. The Bible clearly says, "This is how God showed his love among us; He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins," I John 4:9-10(NIV).

God proved it in history on that Old Rugged Cross. Now, how can you say that there is no God just because, you cannot see Him? There is a reference to the learned men in Pauls' time who were wise in the wisdom of this world. They were not ordinary people but the teachers of the law, the philosophers of the age, wise and intelligent to the standard of this world. Still then God calls their wisdom a foolishness because they did not believe God and His Son Jesus as the Saviour.
"For it is written, 'I will destroy the wisdom of the wise;
The intelligence of the intelligent I will frustrate.'
Where is the wise person? Where is the teacher of the law? Where is the philosopher of this age? Has not God made foolish the wisdom of the world? " I Corinthian 1:19-20
The Psalmist says,
"The Fool, says in his heart, 'THERE IS NO GOD'. Psalm 14:1

God is in the midst of her; she shall not be moved; God will help her when morning dawns.

PSALM 46:5

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BIBLICAL KEYS FOR NEWLYWEDS

Eljoh Hartzer

I remember standing in my wedding dress, my arm linked in with my dad, and looking out at all my loved ones, it felt like I was looking out over the ocean. Perhaps I was feeling a little seasick, I remember feeling a strange cocktail of anticipation, awe, excitement, energy (and probably hunger) in my stomach. Our wedding was outdoors because it has always been our dream to get married in a forest but also this was Covid-times so we didn't really have much of a choice. I remember looking through the blue gum trees and leaning on my father's strong arm for extra support. But when we walked down the aisle and I saw the look on my soon-to-be husband's face where he stood waiting for me, I knew that I would be safe. I'd found an anchor for the storms.

Everybody tells you that your wedding day will go by in a flash and that suddenly you'll be married and it can be hard to navigate the stormy seas. Obviously, I know that I am not the first person ever to get married, so surely there must be some ancient wisdom I can draw on to navigate this new voyage. I want to share a few treasures with you that I found that have really been a great help in navigating marriage. I don't consider myself an expert, just a normal young wife walking by faith and learning how to love better every day.

1. When we were doing our premarital discipleship, our pastors said: "Your partner is not here for your happiness, they are here for your holiness". Nothing will bring out your growth areas more than your spouse will. The goal is to become more Christlike.

2. Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger." It's been helpful to discover the different ways of dealing with conflict and learning that about each other too, so that we know when we need space or when to press in.

3. Matthew 19:6 "So they are no longer two, but one

flesh. Therefore, what God has joined together, let no one separate." Something that's been really helpful is saying: "Hey, I feel like you are against me now, remember we are on the same team."

4. I think what made the biggest difference for me in my mentality to go from a single person to part of a duo was getting a shared bank account - I know this is very practical, but it's also spiritual because Jesus taught the most about money!

5. The whole of Ephesians 5 is good marriage advice but people often only focus on wives submitting to husbands. It goes on to say that husbands must love their wives like Christ loves the church. It is easy to submit to selfless love.

6. Your home is like the pot that your marriage is planted in. Make sure it is an environment that encourages healthy growth and not something that adds more stress. It's worth the time it takes because it opens up more time to be together.

7. Ephesians 4:9-10 "Two are better than one, because they have a good return for their labour; If either of them falls down, one can help the other up." Marriage can offer grace and a buffer so that you can lean on each other (this goes both ways).

8. You can't always be alone and you also can't always be with people. Finding balance has been very important. You need to be in a church community and have friends who can sow into your marriage and show you what you can't see from inside.

We need to remember that we are all disciples of something - hopefully of Jesus, but we are following so many other things too. From social media to the shows we watch, the books we read, or the people we spend time with. All of these things are impacting our view and expectations of marriage. The world will try to convince us that: "Marriage no longer works, it is an outdated system, and it is just not realistic". We need to surround ourselves with older couples with healthy marriages so that we might learn from them and ask them questions.

So, whether you are about to tie the knot or if you're in the middle of navigating a new marriage, I hope that these thoughts encourage you. You are not the first person who feels like an unskilled captain navigating stormy seas, but luckily you can rely on the One who walks on water to guide you, give you wisdom, and show you the way. You are never alone because the Holy Spirit, our comforter, is with you. He wants your marriage to turn into a smooth enjoyable journey filled with wonder and adventure and with the tangible presence of Jesus.

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 CORINTHIANS 10:5

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Debbie Ali

Author of Bare Feet

shares the horrific story of her abduction, her 14 days of trauma, despair and then forgiveness.

In my capacity as editor of **Woman of Faith** and **SOULED Out Magazines,** I have connected with women from all over the world with heartbreaking stories and many with joyful and blissful endings through Christ. I have read their books, heard their testimonies, ghost written many of their stories and silently wept with them. Every story is different, every circumstance is varied but there is one parallel between them, one common thread: our Lord Jesus Christ!

When Debbie Ali was kidnapped, wrapped in a curtain drape pulled off the window of her home, dragged bare feet, transported by strange men who would become her torturers, all she had was Jesus. As I read her book **BARE FEET**, I cannot imagine the trauma, pain and suffering that Debbie Ali endured for 14 days and 14 nights at the hands of evil men. Dear reader I implore you to get a copy of this book and read the full tragic story of a humble woman who lived a quiet life, minding her own business and suddenly at a switch of a whip, her life is turned around into a nightmare. Reading this book was like watching a movie, only it was just not the imagination of a skilled writer but the real-life events of a true story and a woman who was stalked, shadowed and trailed to become the victim of criminals; wicked and sinful men.

A younger Debbie Ali before her 31st Birthday

Only Jesus Christ can set you free, only Jesus can turn you from a zero to a hero, Debbie Ali, humble, forgiving and full of love, is a true hero. Here is a testimony from Debbie who writes from her heart. -editor

Born on a cosmopolitan Caribbean island, I was raised with an inherent respect and appreciation for people of all races, cultures and lifestyles. At a young age I was introduced to the Presbyterian Church and my love for Jesus Christ began and grew exponentially over the years. My life consisted of commuting to and from school and church activities, with the occasional social gathering with friends.

On my 31st birthday I was abducted and held for ransom for 14 days and 14 nights. I was stolen from my family and two young children with terror, trauma and tears swallowing me whole. The name of Jesus never left my mind for a second from the moment the intruders invaded my home until today. During my captivity I was badly beaten, starved, tortured and sexually assaulted several times. I saw no light for the entirety of my time in bondage and my suffering seemed terminal.

However, throughout my captivity I questioned my Lord until I finally submitted to His will. The moment I truly surrendered the pain, suffering and impending death into His hands, my Jesus flipped a switch in the Keepers heart. This was the man who was left in charge of me and who admitted that he was a stone cold murderer. The same Keeper made a one eighty degree turn and became my protector. He was more patient with my inability to eat or keep down anything that entered my stomach, he freed my feet from the tie straps as they were turning blue and he even loosened the tightness of the handcuffs.

The arduous days crawled by in the tiny sweat box of a room I was being held in, and with the little bits of food and water I was able to ingest, my body was becoming increasingly weaker. To keep my sanity intact I lived off the memories of my two children, their births, first steps, playtime together and even their smells kept me going, trying desperately to survive so I could raise them. I prayed ceaselessly and every evening around the same time I would feel this warmth run through my body. Somehow I knew it was my mother's prayers, her love was helping to keep me whole. The sheer humiliation of having to use the washroom in this stranger's presence was almost more than I could bear but the

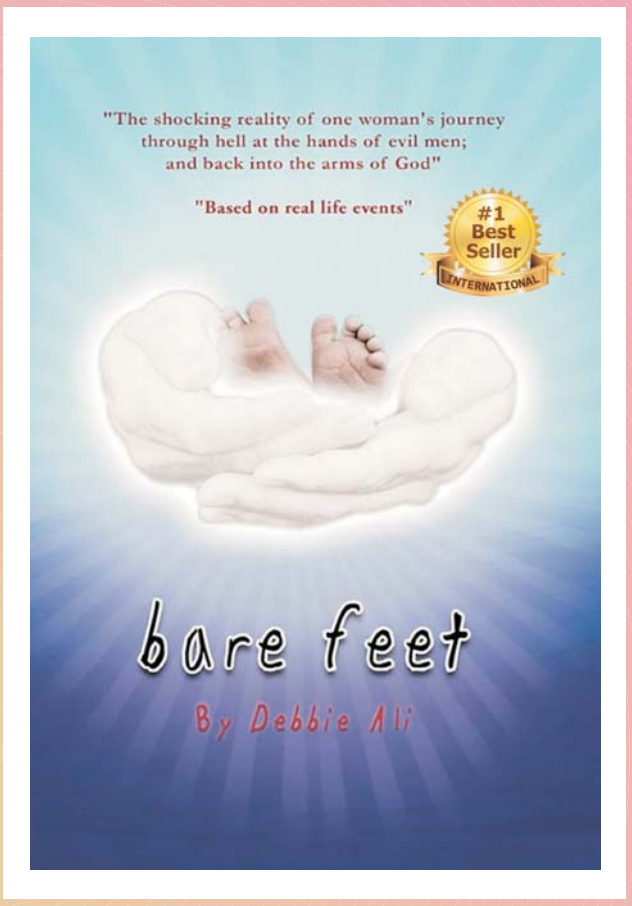
trauma of the sexual assaults was burying me alive.

Then the conversations began with the Keeper and he seemed genuinely interested in my faith in God. Religion was his favorite topic and he wanted to learn all that he could about Jesus and why I loved Him so much. This man had no real knowledge about my Lord and Savior and could not understand how I could still claim to love Jesus despite the precarious situation I was in. Weak as I was the Lord's spirit filled me and I felt compelled to teach him about the Bible and Jesus. Eventually he began to realize that my faith was unwavering and he had never experienced that kind of love and acceptance in his own life. Then the unbelievable happened.

The Keeper wept and sincerely apologized for the beast he was to me and the hurt and injuries he inflicted upon my petite frame. He begged for forgiveness and vowed to become my protector as he then considered me a friend. I forgave him. With two failed ransom drops I was rapidly losing hope of survival but still I trusted my Lord. About two days before I was eventually released my body and mind faded away and I believe that I died.

I began drifting off into a slumber, or so I thought at the time, until I was suddenly above my body. There I was looking at myself on this tiny bed and the unventilated room I was held in and it dawned on me that I was dead. I swooped down and looked closely at my chest which did not display any breathing movement and in shock I was back up in the air, light and free with no pain whatsoever. Just as abruptly, the most incredible white light appeared to my side and as I turned to look at its brilliance, I realized that there was no need to squint although it was a 'zillion' times brighter than the sun. Out of this light stepped Jesus and before I knew it, I went down on my knees and kneeled at His feet not daring or feeling worthy enough to look directly at Him. I reveled in the indescribable peace, bliss, comfort and love that emanated from His toes and I felt that I could remain there for all eternity and be perfectly content worshipping Him. He scooped me up like a tiny baby; reassured me and I slept the sweetest sleep ever. When I awakened, I was in Heaven with my Lord walking along the beach and marveled the richness of the beauty and colors around me. Jesus answered so many of my questions on our walk that it blew my mind. A short while later I had a brief conversation with God Almighty I was granted permission to return to earth and complete certain tasks for Him. I was shown the cover of my book 'Bare Feet', given the name and details and was left with a specific message to the world.

Jesus laughed, blessed me and it was at that moment I realized that He was removing all of the injuries I sustained, STD's and HIV. I glimpsed His face. We walked back to the beginning of the beach where


"The shocking reality of one woman's journey through hell at the hands of evil men; and back into the arms of God"
"Based on real life events"
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INTERNATIONAL
bare feet
By Debbie Ali

my Lord left me with the Saints, Abraham, Moses, Isaiah, Jacob, Elijah and Mother Mary. Their heads were bowed in prayer for me but Mother Mary turned her warm gentle smile to me and also gave a specific message to the world. I saw her face. Archangel Michael was placed on my left shoulder to protect me until my work is done and Archangel Gabriel was placed on my right for guidance and wisdom when in need. I testify that they have never let me down and have always been at my side since then.

I curled into a foetal position on the warm, soft crystallized sand and slept in exhaustion. Before I knew it I was back in my body with a sharp gasp of air and with all of the pain returning; I winced in discomfort and now I describe this human form as a 'meat suit'. It's heavy, uncomfortable, restrictive and just a plain nuisance compared to the true freedom death brings.

Upon my return, there was no fear, worry or concern; only joy in knowing that somehow I would be back

home with my babies and family. Interestingly I left my body early in the morning and when I returned, it was at night, but my time in Heaven felt like minutes. Two days later a small portion of the ransom was paid and accepted by the kidnappers and I was released. This in itself was a miracle.

Battered, bruised, traumatized and incredibly weak, I was exposed to a forensic examination which was almost as terrible as the assaults; and then my home. Reuniting with my babies was the single most unreal and emotional event of my entire life (besides being in Heaven with my Lord). I held onto them like my life depended on it and indeed it did because it was my two perfectly imperfect children that have kept my head above water all of these years. A few days after my release I began accepting interviews and speaking out about violence against women and later on began giving free assistance to women suffering from PTSD, anxiety, depression, suicidal issues and many others. For this tireless work I received a Lifetime Achievement Award. In addition I fulfilled my promise to The Lord and accepted every single invitation to speak about my horrific encounter and offer others comfort, peace and hope for healing through Christ. This is my mission: to do God's work on earth until He takes me home to Heaven, regardless of how demanding, challenging and painful, I will fulfill my mandate.

There was a misconception that the battle was over when I was released; little did I know that my battles had only just begun. I was harshly ridiculed and disapproved for speaking out about taboo subjects such as sexual assaults, crime and my death experience, many claiming that I was insane and in pursuit of fame. I have been under Satan's attack ever since in a very real way and to date I still suffer from physical injuries which I sustained as a result of my abduction. I still suffer from PTSD though to a much lesser extent, anxiety and depression. I believe the Lord had me experience suicidal tendencies so that I could overcome it and help others with various aspects of recovering from trauma. Though not totally healed I have managed to pull through with God on my side but make no mistake I am by no means perfect. After all of these years, I still falter with my faith at times, I am still on some medication and there are instances when I am triggered by a smell or a sound and I fall into a deep pit of despair about how much I have endured.

This lifetime of healing and coping with trauma will continue but with Jesus in your corner and your eyes fixated on His glorious face we will always win. My book 'Bare Feet' which I wrote only through His grace and guidance, contains vivid descriptions of my experience and the only fame I seek is to bring glory to my Lord and Saviour, Jesus Christ. I am alive, because He lives in me.

Galations 2:20: "It is Christ who lives in me." "I am crucified with Christ; and it is no longer I that live, but it is Christ who lives in me; and the life which I now live in the flesh I live in faith, the faith of the Son of God, who loved me and gave himself up for me."

His message to the world is: "I see all, I hear all, I know all that happens in the darkness and in the light and I save." I am living proof that our God is a God of the impossible and He does save!

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He caused the storm to be still, So that the waves of the sea were hushed.

PSALM 107:29

Talking with Tressa

www.youtube.com/@tressalemky

Trust and Transcribe the Faithfulness of God

This month as you read Talking with Tressa, my husband and I are in Florida on our annual winter vacation. Whenever we return to this familiar spot we are filled with memories of sunshine and relaxation that also include the birthing of new friendships.

Over the years we've met other vacationers as well as local residents that have turned into life-long friends. So, with that it has truly become a home away from home for us. My reason for talking about this is that despite having many memories come to mind I was amazed that after looking at photographs of years gone by, how much I had forgotten. If those moments were never captured on camera, I may not have ever remembered them. I was so grateful that I had taken the time to take photographs so that I could remember those moments one more time.

My message to you and myself is not only should we take photographs with family and friends whenever we can but to also take the time to record your journey with the Lord. Journaling is something that not everyone does but I want to encourage you to do it. Over the years when I have pulled out an old notebook and read what I have written I have been amazed at how it has encouraged and enlightened me. What may seem as an insignificant moment could very well become something that will be exactly what you need to remember and reflect upon in order to be reminded of the goodness and faithfulness of God.

I know that it is important to share our testimony with others but I also think that it is equally important for us to share our testimonies with ourselves. When we have witnessed the Lord come through in areas that we believed were hopeless or without any future, it is life giving to reflect and remember on how faithful the Lord has been. He will continue to be our hope and future as we trust Him with every aspect of our lives.

Jeremiah 29:11 For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.

In the last few months I have seen God come through in ways that I would never have expected. The details of what He has done are not as important as the final conclusion which is simply, we can trust the Lord with everything in our lives. Absolutely anything and everything.

God knows exactly what you and I need. God also knows the perfect timing that will bring glory to Him and peace to our souls. God also knows what we don't need and so when things don't appear to be going the way that we hope, we have to release and embrace God's will, as He knows what is best. If He is allowed to be the author of our days then He will bring the greatest testimony revealing the faithfulness of our heavenly Father and the goodness of God for others to see.

I've just turned 61 and when I reflect on the last six decades, I can see that no matter what stage I was in He has continued to guide and direct me. Now don't

get me wrong there are many years I did not acknowledge God and so I was not aware that His hand was upon me but now as I reflect, I see all that He has done. There is no question that others were praying for me when I didn't know how to pray for myself. What I am living now is a testimony of His steadfast love from the moment I was born.

My hope as you read this month's article is that you can lift up your hands towards heaven, open your heart and mind to the goodness of God and release all your cares and worries to Him. Write down all that you are experiencing both good and bad and then in future years you will be able to reflect and remember what He has carried you through and guided you into.

Psalm 75:9 But As for me, I will always proclaim what God has done; I will sing praises to the God of Jacob.

It is those memories that will give you the strength, hope and peace to continue your walk with the Lord until the day in which you meet face to face. I cannot emphasize enough the importance of trusting the Lord with absolutely every part of your life. Whether it's relational or health or work, it doesn't matter, He is the one that has all the answers.

So, remember...do not trust man. Do not trust our own abilities. Do not trust the past mistakes to dictate your future but instead release and receive from God all that His Word says. You can trust Him. You can cast your cares upon Him. He will make a way when there is no other way. Just release and let God lead you in Jesus name.

Proverbs 3:5-6 Trust in the Lord with all your heart; Do not depend on your own understanding. Seek his will in all you do and he will show you which path to take.

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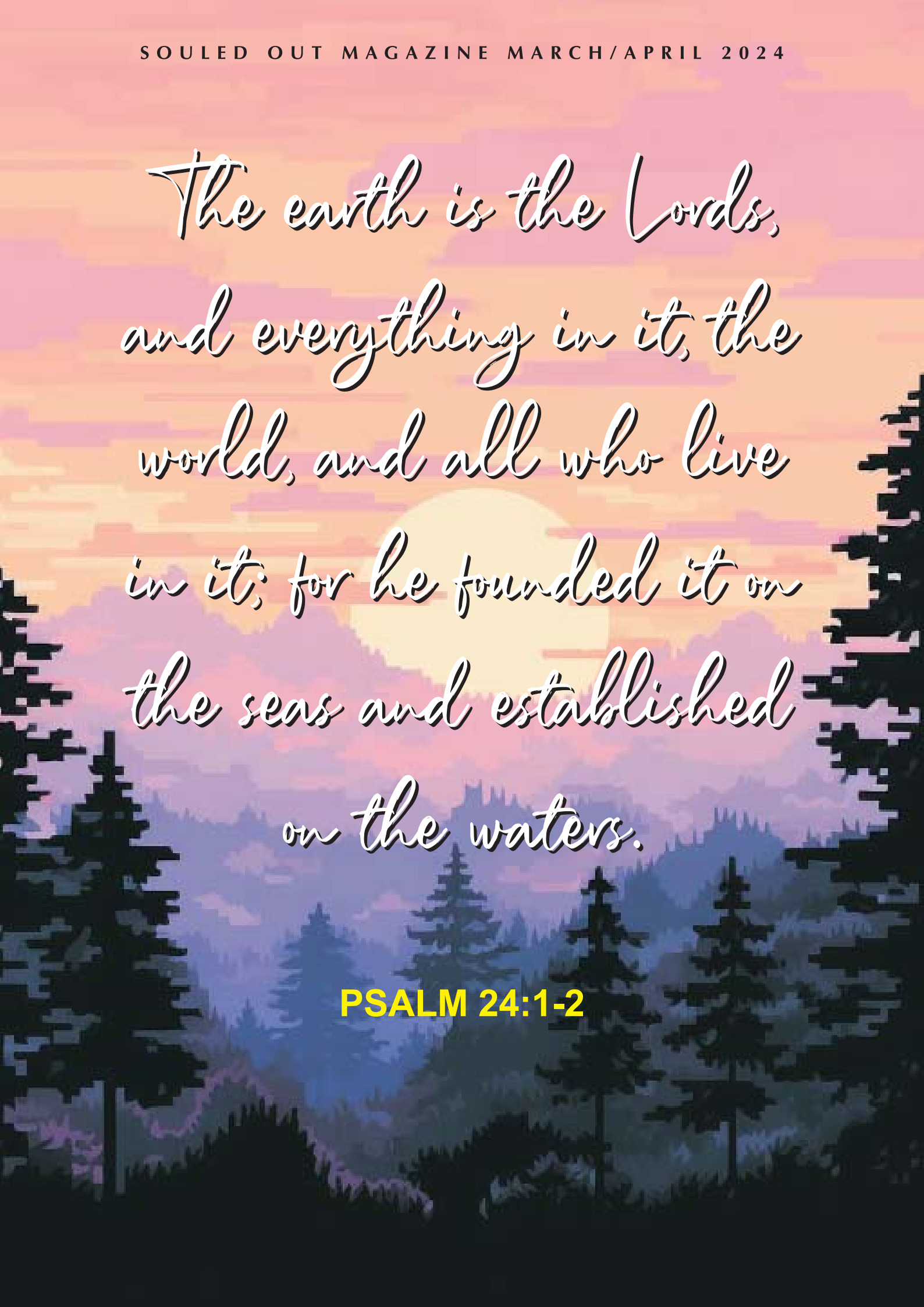
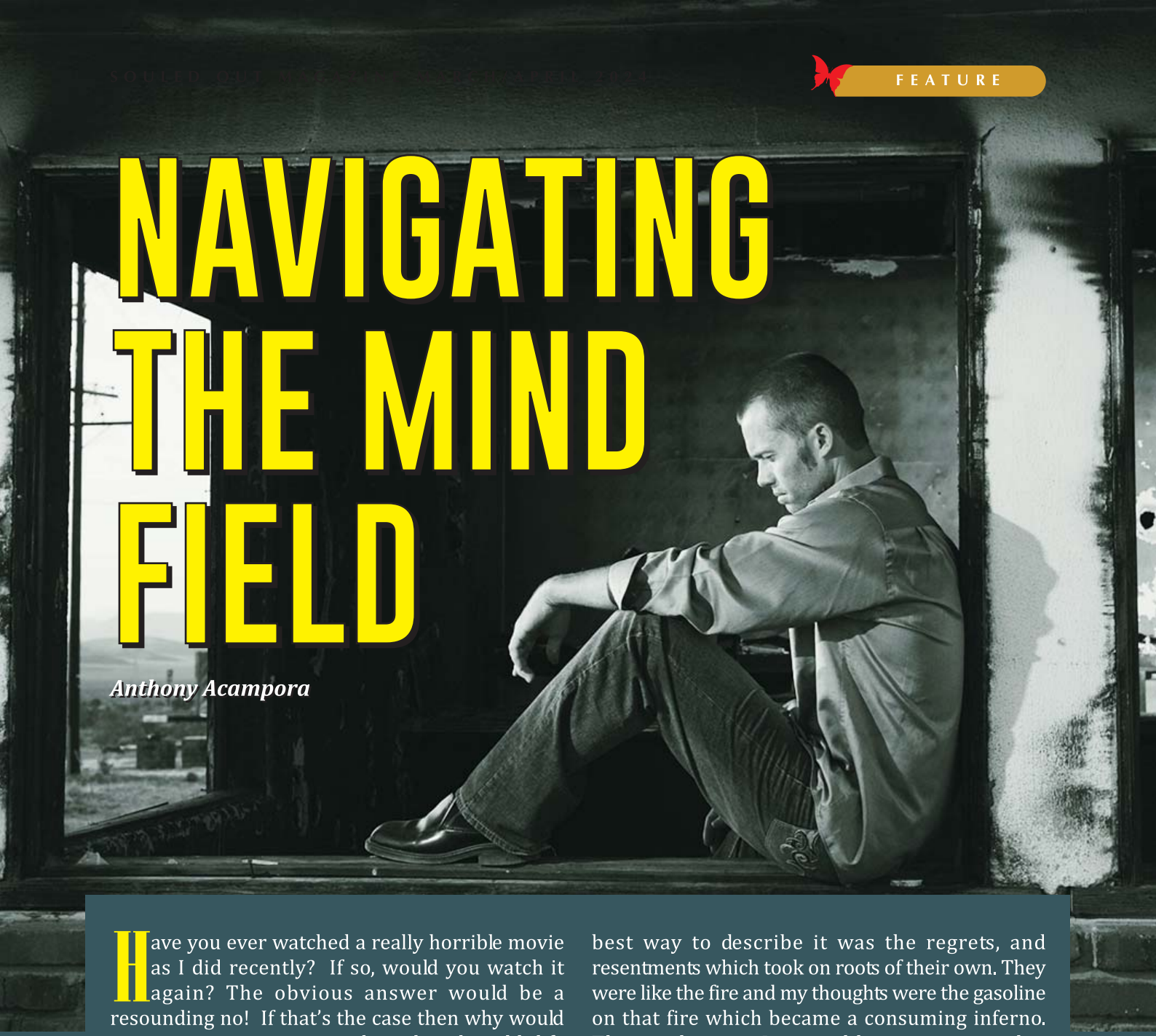

The earth is the Lords,
and everything in it, the
world, and all who live
in it; for he founded it on
the seas and established
on the waters.
PSALM 24:1-2

FEATURE

NAVIGATING THE MIND FIELD



Anthony Acampora

Have you ever watched a really horrible movie as I did recently? If so, would you watch it again? The obvious answer would be a resounding no! If that's the case then why would we ever want to continuously replay a horrible life experience. Why not simply turn it off or change the channel of our thoughts?

Yes, not an easy process. Maybe it is someone we just cannot forgive and in some disorderly way we feel this is how we get our revenge. Maybe we made a terrible decision or series of decisions and we are consumed with regrets. We try to rewind the clock and undo the painful past mistakes or some of the hurt caused by others. Whatever the situation, we find ourselves tormented by our thoughts. This incredibly sophisticated computer between our ears may be malfunctioning and working against us at times. I am in no way minimizing how difficult it is to accomplish, as I have experienced this extreme torment myself for nearly seven years. The core issue was the reluctance or inability to forgive They best way to describe it was the regrets, and resentments which took on roots of their own. They were like the fire and my thoughts were the gasoline on that fire which became a consuming inferno. They only way I was able to put out this uncontrollable fire was to submit to Gods will, not mine.

I reached a point where I cried out from my heart for help from above. I began to focus on the solution which was Jesus and His will instead of the program which was mainly me and my way of thinking. I entered the process of forgiveness. It was still a bumpy journey but I started down the right path steps to this journey which was a major you turn in life. I can only attribute this heart transformation to the power God and His Word: **2 Corinthians 10:5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.**

I was out of spiritual alignment like a motorcar I once had that never rode smoothly as a result of probably an accident and some frame damage. When I truly forgave the people who caused me pain, myself included, things began to change for the better. I realized the power of our thoughts the hard way, but what a valuable lesson it was because life still happens and people hurt us. I no longer harbor resentments and regrets. When these feelings of resentment come up, I try to look at it from the other persons perspective. The boot on the other foot so to speak. I also make every effort to take control over my thoughts before they control me.

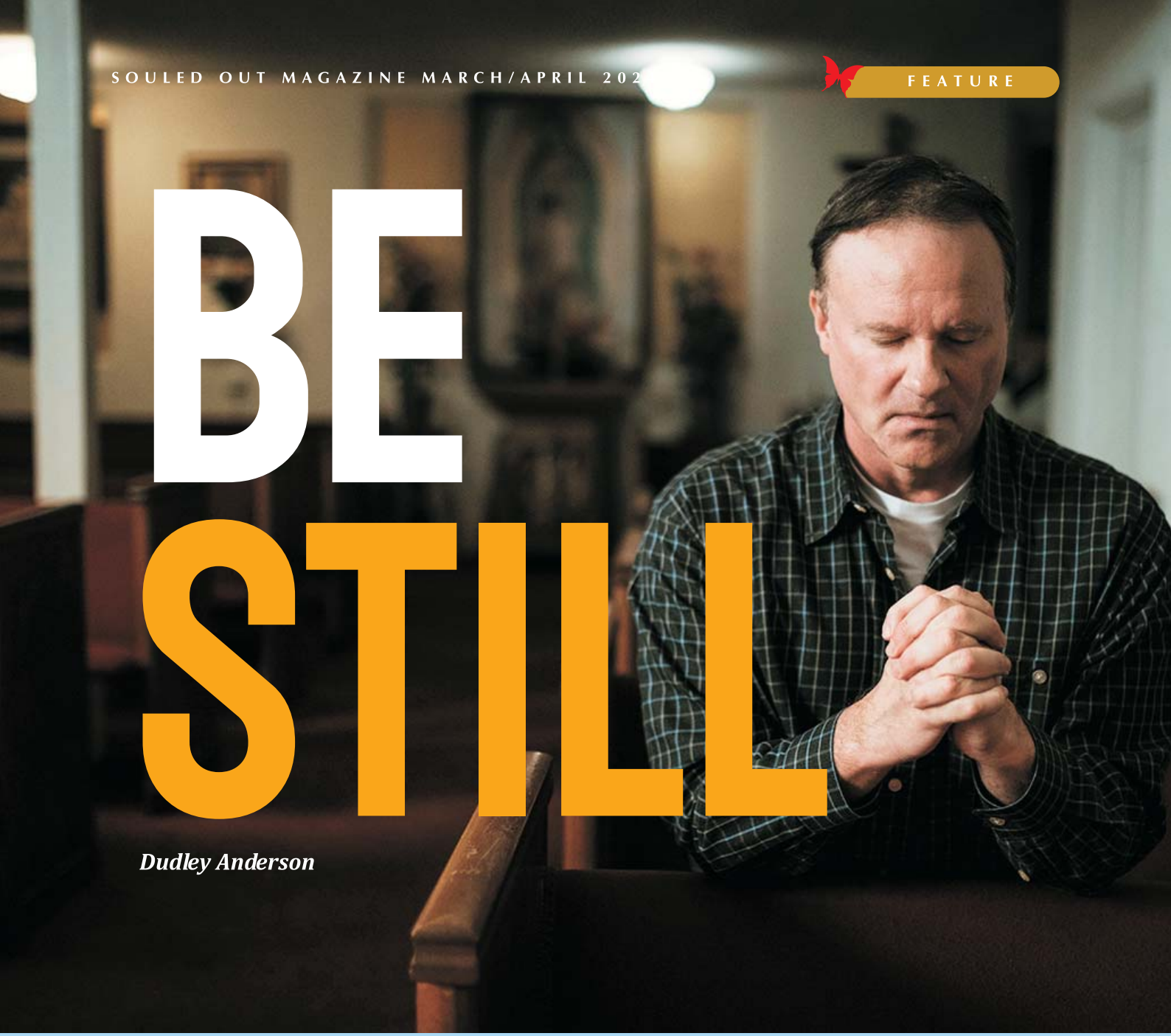
I try to look at my role in the conflict. Every time I relate, there was always something which I could have handled differently. When you truly forgive like the way God expects from you, your heart fills with empathy for the other party and you become more understanding and less offensive. The more we practice patience and self-control the better we become, and we are now more capable to effectively navigate the mind field.

Anthony Acampora is the National Director of Faith-Based Services and Chaplain at Banyan Treatment Centers. He holds Bachelor's and Master's degrees in Ministry and a Masters diploma in Biblical Studies. Anthony is a published author of three faith-based books, a national speaker and writer with articles published in numerous international magazines.

2 Corinthians 10:5
"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

As a father shows compassion to his children, so the Lord shows compassion to those who fear him.

PSALM 103:13



BE STILL

Dudley Anderson

"Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the LORD.
Isaiah 54:10

There's a prayer I find myself praying every day as I watch the news on television, "Lord, save us from us!" As a follower of Jesus, I desire to live by the ethics and morals of God's word. Yet, I am daily saddened and frustrated when I witness how godly ethics are being increasingly degraded by twenty-first-century egotistic indoctrination.

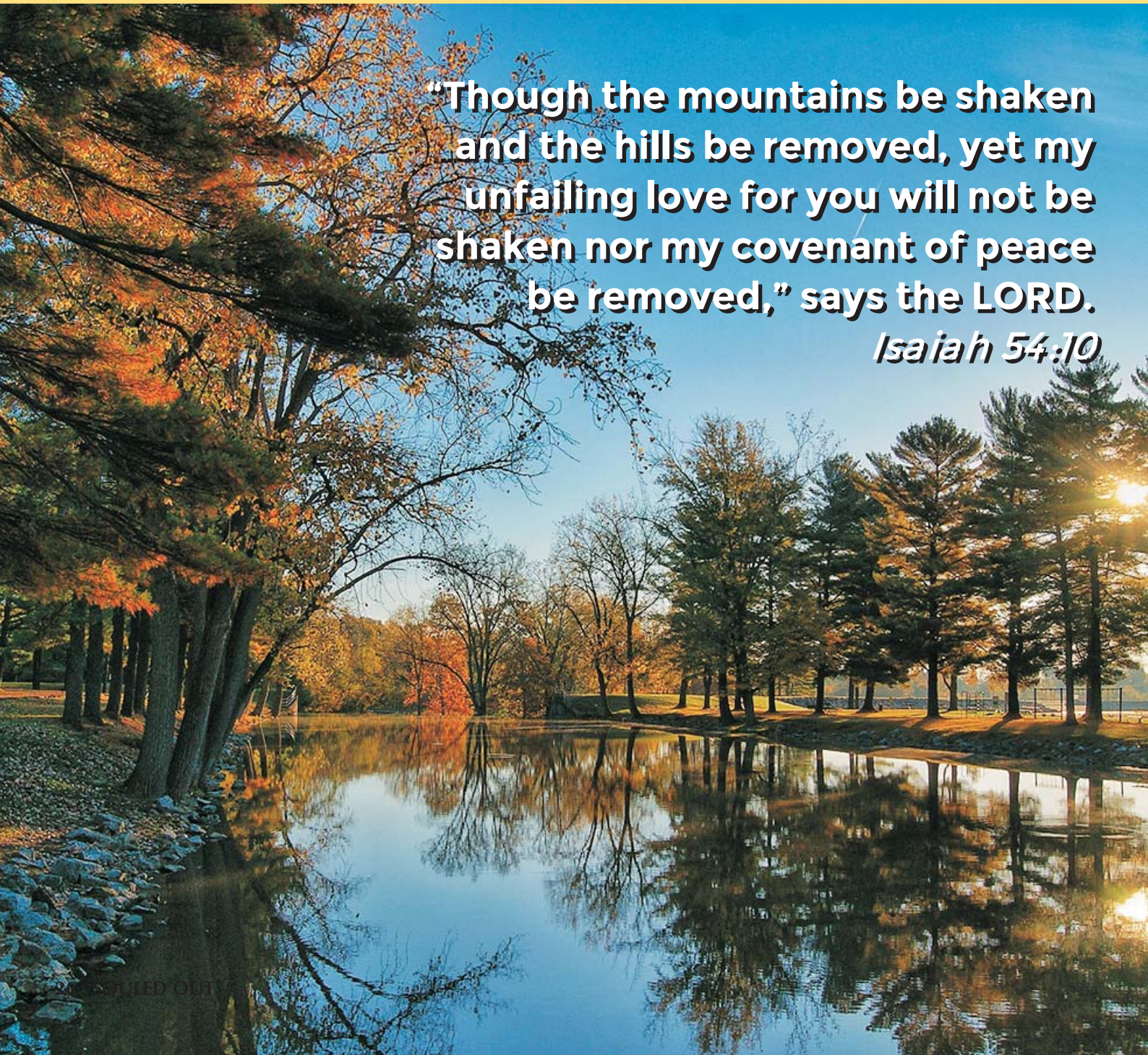
Not only are we facing a complete decline in biblical morality these days but with, so-called climate change, we're facing increased natural disasters like never before. Then there are those wars and rumours of nuclear wars. The world is shaking. "Dear God, save us from us!"

However, God is our refuge and strength, a very present help in trouble. Though the ways of man

violate the ethics of God's command, though the globe may be warming and the climate changing, though superpowers rise up against one another under nuclear threat, yet our God's unfailing love will remain, unshaken and everlasting. Our God is eternal. Underneath us are his everlasting arms. He will never abandon us and his love endures all our diverse and disastrous dilemmas.

So, may we cease in our strife and be still before the Lord, making space for the vengeance of God and not fretting when people carry out their wicked schemes.

Get into the word of God with these scriptures.
Psalm 46
Deuteronomy 33:27
Psalm 136 (NIV)
Psalm 37:7


"Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the LORD.
Isaiah 54:10

If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!

MATTHEW 7:11

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